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U. S. A.

American Brewing Co.

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ADVICE TO WHEELMEN.

How to Avoid Excessive Fatigue in
Long-Distance Riding.

With the aid of a slight knowledge of
anatomy and a common sense applica-
tion of it, bicycle riders may avoid
much of the fatigue that very often
makes trips of greater than customary
length anything but pleasurable. Fa-
tigue is a necessary evil, even on a per-
fectly adjusted wheel that moves like
the wind at the touch of the foot, and
particularly is this true of young and
inexperienced riders. Complete free-
dom from it is only gained by keeping
in constant physical training, a condi-
tion which few persons in these busy
days are able to fulfill. But much re-
lief may be gained by a study of one's
muscles and an adjustment of the po-
sition of the body and limbs, so as to
distribute the strains and change the
form of action demanded of the mus-
cles.

The wrist is the place where wear-
iness is soonest felt, and this may be
quickest relieved by changing the grip
so as to catch the handles with the
palms up. Another way is to raise or
lower the shoulders so as to change the
angle at which the wrists are bent.
This will be found to afford instant re-
lief. If the pain runs into the elbow,
as it often will, when the road is rough,
all that is necessary is to sit up straight
so as to straighten the arm, and, when
this becomes tiresome, to again lean
forward. The pectoralis major, or
great chest muscle, is often the source
of considerable pain after a long bi-
cycle trip. But the remedy is always
at hand. Pain follows upon the unnat-
ural bending of the back for a long pe-



MUSCLES MOST USED IN CYCLING.

riod, the muscle being contracted,
straighten your back and the pain will
disappear.

But the muscle that is most subject
to painful fatigue is the rectus femoris,
the great, straight muscle of the thigh.
No other muscle in the body does half
as much work on the wheel as this, for
it not only straightens out the leg when
the foot goes down, but pulls the knee
up again, in the next movement. It is
the great pushing muscle in cycling.
Some relief can be got from weariness
in this great muscle by temporarily
shifting one's position on the saddle,
backward or forward, as much as pos-
sible, so as to change the angle of the
thigh and leg. Resting one leg at a
time, with the knee bent at a different
angle as you travel over easy spots in
the road, will also bring great relief.
But when this muscle cries out for re-
lief the most effective plan is to dis-
mount and walk until the pain disap-
pears, as it will in a few moments un-
der this change of locomotion. Fatigue
in the tibialis anticus is relieved by
changing the gearing of the wheel so as
to work the ankle as little as possible.
It is the same fatigue that is felt in fast
walking for a considerable time. Fa-
tigue at the ankle joint is also relieved
by changing the gearing.

Whitest City in the World.

There cannot possibly be a whiter
city than Cadiz, unless it be built of
snow. The best way to approach the
port is to take a trip in one of the small
steamers which ply between the ports
of Morocco and Spain. As you near the
coast you see in front of you a white
mass, which appears to be floating
upon the water, just as you are. The
first thought of a foreigner is that he is
in sight of an iceberg. The white mass
glittering in the sun, and rendered
more dazzling by the blue sea and sky,
looks exactly like a monster ice moun-
tain partly melted, so that the outlines
of the castles and hills appear upon it;
but only for a second does the illusion
last, for you know there are no icebergs
in that part, and you are quickly in-
formed that you are looking at Cadiz.
No other town in the world presents
such a magic appearance.—Detroit Free
Press.

Hard to Answer.

The Cross-Eyed Walter (after the col-
lision)—Why don't you look where you
are going?

Second Walter—Why don't you go
where you are looking?—St. Paul's.

The kin you like least are the most
apt to kiss you when they come and
when they go.

A. MARITZEN CO.,

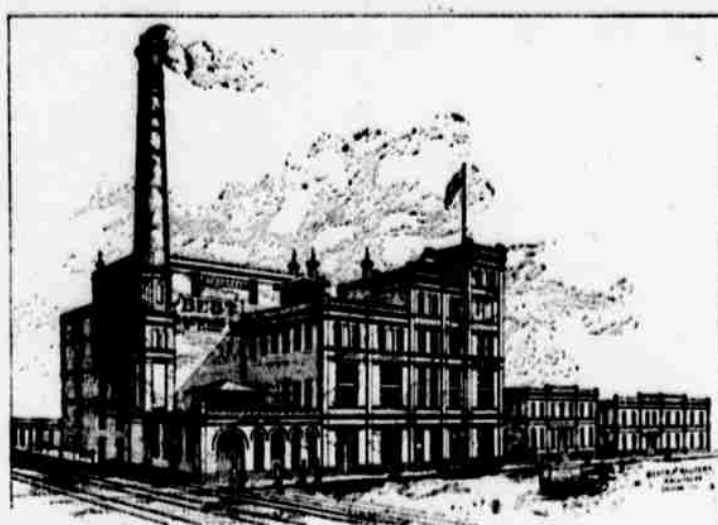
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